

Mexican Bean Beef Soup

Makes: 50 or 200 Servings

50 Servings

200 Servings

Ingredients	Weight	Measure	Weight	Measure
Pinto beans, dry	3 lb 2 oz		12 lb 8 oz	
OR	OR		OR	
Pinto beans, canned, drained	7 lb 14 oz		31 lb 7 oz	
Beef cubes, raw	2 lb 2 oz		8 lb 8 oz	
Salad Oil	4 oz		1 lb	
Onions, minced	1 lb 13 oz		7 lb 6 oz	
Garlic cloves, minced	1.4 oz	8 cloves	4.6 oz	28 cloves
Diced tomatoes in juice, canned	4 lb 3 oz (2/3 of #10 can)		16 lb 12 oz (2 2/3 of #10 can)	
Water	8 lb 8 oz	1 gal 1 cup	34 lb	4 gal 1 qt
Celery, finely chopped	1 lb		4 lb 3 oz	
Salt	1.9 oz	2 Tbsp 2 tsp	7.5 oz	1/2 cup 3 Tbsp
Pepper	.16 oz	2 tsp	.64 oz	2 Tbsp 2 tsp
Chili powder	.32 oz	4 1/4 tsp	1.3 oz	1/4 cup 1 Tbsp 2 tsp

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	107	
Total Fat	3.4 g	
Protein	8.6 g	
Carbohydrates	NA	
Dietary Fiber	1.4 g	
Saturated Fat	NA	
Sodium	529 mg	

Directions

1. For dry beans, inspect and rinse beans in cold water. In large kettle add 2 1/2 quarts water for every pound of beans. Bring to boil. Boil 2-3 minutes, remove from heat, cover and let stand 1-24 hours. Discard soak water, rinse beans. Add water to cover beans, 2 Tbsp oil and salt if desired. Simmer the beans gently with lid partially covering beans until beans are tender. If using canned beans, drain the beans and save them for step 3.
2. Brown beef, onions, and garlic in hot oil in steam kettle.
3. Add beans and remaining ingredients to meat mixture in kettle.
4. Bring to boil, cover, and simmer 2 hours.

